

8 Highly Effective Study Habits¹

An article on the PsycCentral (2022, June 22) website describes eight science-backed study habits that, when embraced, will support your academic success. These include:

1. **Developing the right mindset:** Approach studying positively and focus on truly learning the material.
2. **Knowing what's expected:** Know your instructor's expectations and what the class entails to help you focus your studying.
3. **Choosing a good study environment:** Pick a place free from distractions and conducive to concentration.
4. **Having the right materials:** Have all the necessary textbooks, notes, and other resources.
5. **Using tried and true study strategies:** Use techniques like rewriting notes, making flashcards, and creating mind maps to improve information retention.
6. **Connecting with classmates:** Form a study group and discuss concepts with classmates to solidify your understanding.
7. **Setting a realistic study schedule:** Break down studying into manageable chunks and set aside short, dedicated study times each day.
8. **Practicing self-care:** Get enough sleep, eat healthy foods, and take breaks to help you stay focused and energized throughout your study sessions.

Read the full article here:

<https://psychcentral.com/health/highly-effective-study-habits>

Find resources for upping your study habits here:

<https://padlet.com/salassgu/studyskills>



¹ Adapted from PsycCentral. (2022, June 22). 8 highly effective study habits. <https://psychcentral.com/health/highly-effective-study-habits>